

Crew rest. Station housekeeping.

GMT	CREW	Activity
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
07:30-08:00	FE-1,FE-2	Prep for work
07:30-07:45	CDR	Private psychological support conference
07:45-08:00		Prep for work
08:15-09:00	FE-2	EXPPCS troubleshooting
08:20-09:00	FE-1	? ? ? maintenance
09:00-11:00	.	Weekly station housekeeping
11:00-12:30	FE-1	Physical exercise (RED)
11:00-12:00	CDR	Physical exercise (Cycle-2)
11:30-12:30	FE-2	Physical exercise (CEVIS)
12:30-13:30	.	LUNCH
13:30-13:45	FE-2	Payload status check during Expedition 4
14:30-15:00	.	Daily planning conference (<i>S-band</i>)
15:00-16:30	CDR	Physical exercise (TVIS+IREN)-2
15:00-16:00	FE-1	Physical exercise (CEVIS)
16:45-17:00	FE-2	Private family conference (S-band)
18:00-19:30		Physical exercise (RED)
19:30-20:00	.	DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

NOTES:

1. See OSTP for references to US activities
2. Kolibri procedure review – task list

End of radiogram